POETRY.

For the Telegraph.

THE SLAVE'S SOLILOQUY.

The sun's last ray has left the eastern hills,
And silent solitude the world o'erspreads;
The moon, in solemn grandeur, pensive rolls
Her full orb'd eye in pitying tenderness
Adown the star-bespangled sky. On me
She smiles as kindly as on crowned kings.
I'll wander forth amid the fragrant fields,
And taste the sweetness of the balmy air.
Perchance the cooling breeze that softly blows,
And the soft humid dew that night distills,
May calm my beating brain and burning brow,
And quiet this sad aching heart of mine.
The man of terror with his scourge is gone,
To couch him on the downy bed of ease:
He sleeps--but Oh! he dreams not of the wo,
That nightly circles round my sickened soul!
Ah! little thinks he, as in his embrace,
Is locked the idol of his heart sincere,
And in her bosom rests in soft repose,
The infant slumberer, pledge of mutual love;
Ah! little thinks he of that parting pang,
Which rent my soul in bitterest agony,
When from my arms, my last, long, fond embrace,
With fiend-like grasp they tore my love away—
My wife—the mother of my darling boy—
My dearest treasure—life of all my joy!

* * * * *

Oh! Mary, dearest, whither dost thou roam?
Where is thy dwelling, where, O where thy home?
Ah! little thought we when on Gambia's shore,
We pledg'd our vows that we would part no more,
Ah! little thought we that the white man's hand,
Would force us far from our dear native land,
To toil and sweat, in fetters and in pain,
Of misery's cup, its veriest dregs to drain.
But this our hearts with cheerfulness had borne,
We'd not have shrunk from all this world of pain;
We could have borne together to have toiled,
Together we could bear the great man's frown,
And when distress thy trembling frame o'erspread,
I'd pillow on my breast thy aching head;
"Together would we toil, together rest,
Together die, and be together blest."
But Oh the anguish, to be sundered thus!
Victims of scorn and cold oppressor's power,
To feel the pang of utter loneliness
Steal o'er this sorrow-stricken soul of mine;
And know that she to whom this bleeding heart
Thus fondly clings, is groaning 'neath the scourge
Of some terrific tyrant's potent rage;
Oh these are thoughts more dreadful to be borne,
Than torturing rack, or withering simoon!—

* * *

I stood last night upon the frowning brow
Of this stern precipice, so dark and wild,
And, Mary, but for one lone thought of thee,
And I had plung'd me where no human eye
Had ever sought, or found my resting place.
But life to me is dear while thou dost live,
And I have cherish'd the delusive hope,
That thou my Mary, and my darling boy,
May yet be sharers in the glorious bliss
Of freedom, in a happier clime than this.—
Of freedom?—No—that joy inspiring sound,
We never more, Oh never shall we hear,
By heartless tyrants fast in fetters bound,
To wear with pain our hopeless lives away.
My trembling frame will scarce sustain the load
Of painful pangs such thoughts as these inspire;
This broken heart that's bleeding in my breast,
Its throbbings tell it soon will be at rest!—

* * * * *

But morning dawns; and to my rugged task
I must away, or feel the driver's lash,
My tardiness to recompense. Adieu
My tender wife, my lovely lisping babe,
The husband and the father sighs farewell!—

Pittsford, August, 1836. C. B.

MISCELLANEOUS.

FEMALE EDUCATION.

Our correspondent F. has admonished us, that we are neglecting a promised duty to our female readers. We hasten to make amends, and insert, to-day, a valuable extract from Combe's "*Principles of Physiology, applied to the Preservation of Health*," a work of very high repute. We insert it in the Young Men's Department, for the reason, that young men are specially interested in whatever promotes the welfare of the lovelier sex. Two prominent qualities which govern young men, or which should govern them, in matrimonial concerns, are, to select partners who possess good health, and a knowledge of domestic duties; and without the first, they can be but illy qualified to execute the latter. No one covets an effeminate or diseased offspring; and it is a received axiom, that children are liable to partake of the physical as well as intellectual qualities of their parents. Nature has formed our females in her fairest mould; and it is feared, that all attempts to improve her work, by artificial enlargement or compression, and all avoidance of her parental injunctions, by neglecting the muscular exercise, which can alone secure health, is but marring her beneficent designs. Naturalists insist, that the works of the Creator are always perfect, and peculiarly adapted to the purposes they are intended to subserve. Art can add nothing to the beauty or fragrance of the rose. It is a subject of common remark, that our females become pallid, enervated and sickly, in proportion as they indulge in the giddy caprice of fashion.—Whether this be owing to refined living, the want of muscular exercise, or to the ill-judged discipline of the boarding-school, to one or all of them, it is not our province to decide; but it is evident, that since the spinning-wheel has been superseded by the woollen and cotton mills, and our ability to indulge in indolence and the luxuries of life have increased, it requires more good sense, more fortitude and self-denial, in our females, to resist the debilitating, and we may add, debasing influence of sedentary life, than it did formerly. Indeed, such has been the deleterious influence of fashionable habits, upon the population of our cities, that serious fears have been expressed, that our towns would soon degenerate into Italian effeminacy and impotency, but for the continued influx which they receive, particularly of "corn-fed" girls, the "romping rosy Nells," from the country. The oak, which nature designed to be one of the hardiest trees of our forest, if reared in the artificial temperature of the green-house, cannot resist, when afterwards exposed, the inclemency of our winters. It must buffet the storm, acquire muscular strength from the influence of the winds, and become indurated and toughened by the solar and atmospheric influences, and the alternation of the seasons, to become fitted for the useful purposes of man. We leave the reader to carry out the parallel, between vegetable and animal physiology, after perusing the extract in our last page. —*Cultivator.*

EDUCATION OF FEMALES.

The principle just stated explains very obviously the weariness, debility, and injury to health which invariably follow forced confinement to one position or to one limited variety of movement, as is often witnessed in the education of young females. Alternate contraction and relaxation, or, in other words, exercise of the muscles which support the trunk of the body, are the only means which, according to the Creator's laws, are conducive to muscular developement, and by which bodily strength and vigor can be secured. Instead of promoting such exercise, however, the prevailing system of female education places the muscles of the trunk, in particular, under the worst possible circumstances, and renders their exercise nearly impossible. Left to its own weight, the body would fall to the ground, in obedience to the ordinary law of gravitation; and sitting and standing, therefore, as well as in walking, the position is preserved only by active muscular exertion. But if we confine ourselves to one attitude, such as that of sitting erect upon a chair—or, what is still worse, on benches without backs, as is the common practice in schools,—it is obvious that we place the muscles which support the spine and trunk in the very disadvantageous position of permanent instead of alternate contraction; which we have seen to be in reality more fatiguing and debilitating to them than severe labor. Girls thus restrained daily for many successive hours invariably suffer—being deprived of the sports and exercise after school-hours which strengthen the muscles of boys, and enable them to withstand the oppression. The muscles being thus enfeebled, they either lean over insensibly to one side, and thus contract curvature of the spine; or their weakness being perceived, they are forthwith cased in stiffer and stronger stays—that support being sought for in steel and whalebone which nature intended they should obtain from the bones and muscles of their own bodies. The patient, finding the maintenance of erect carriage (the grand object for which all the suffering is inflicted) thus rendered more easy, at first welcomes the stays, and, like her teacher, fancies them highly useful. Speedily, however, their effects show them to be the reverse of beneficial. The same want of varied motion, which was the prime cause of the muscular weakness, is still further aggravated by the tight pressure of the stays interrupting the play of the muscles, and rendering them in a few months more powerless than ever. In spite, however, of the weariness and mischief which result from it, the same system is persevered in; and, during the short time allotted to that nominal exercise, the formal walk, the body is left almost as motionless as before, and only the legs are called into activity. The natural consequences of this treatment are, debility of the body, curvature of the spine, impaired digestion, and, from the diminished tone of the animal and vital functions, general ill health:—and yet, while we thus set Nature and her laws at defiance, we presume to express surprise at the prevalence of female deformity and disease!

It would be easy, were it required, to prove that the picture here drawn, is not over-charged. A single instance, from a note appended by Dr Forbes to an excellent treatise on "Physical Education," by Dr Barlow of Bath, will suffice. After copying the programme of a boarding-school for young ladies, which exhibits only one hour's exercise, consisting of a walk, arm in arm, on the high road, *and that only when the weather is fine at the particular hour allotted to it*, in contrast with *nine* hours at school or tasks, and *three and a half* at optional studies or works,—Dr Forbes adds:—"That the practical results of such an astounding regimen are by no means overdrawn in the preceding pages is sufficiently evinced by the following fact, a fact which, we will venture to say, may be verified by inspection of thousands of boarding-schools in this country. *We lately visited in a large town a boarding-school containing forty girls; and we learned on close and accurate inquiry, that there was not one of the girls who had been at the school two years (and the majority had been as long) that were not more or less* CROOKED!—Our patient was in this predicament; and we could perceive (what all may perceive who meet that most melancholy of all processions,—a boarding-shool of young ladies in their walk) that *all* her companions were pallid, sallow, and listless.—We can assert, *on the same authority of personal observation*, and on an extensive scale, that *scarcely a single girl (more especially of the middle classes) that has been at a boarding-school for two or three years, returns home with unimpaired health*—and for the truth of the assertion, we may appeal to every candid *father*, whose daughters have been placed in this situation."

The sedentary and unvaried occupations which follow each other for hours in succession in many of our schools, have also been the cause of needless suffering to thousands; and it is high time that a sound physiology should step in to root out all such erroneous and hurtful practices.

Instead, therefore, of so many successive hours being devoted to study and to books, the employments of the young ought to be varied and interrupted by proper intervals of cheerful and exhilarating exercise, such as is derived from games of dexterity, which require the co-operation and society of companions. This is infinitely preferable to the solemn processions which are so often substituted for exercise, and which are hurtful, inasmuch as they delude parents and teachers into the notion that they constitute in reality that which they only counterfeit and supersede. We have already seen what an important part the mental stimulus and nervous impulse perform, in exciting, sustaining, and directing muscular activity; and how difficult and inefficient muscular contraction becomes, when the mind, which directs it, is languid, or absorbed by other employments. The playful gambolling and varied movements which are so characteristic of the young of all animals, man not excepted, and which are at once so pleasing and so beneficial, show that, to render it beneficial in its fullest extent, nature requires amusement and sprightliness of mind to be combined with, and be the source of, muscular exercise; and that, when deprived of this healthful condition, it is a mere *evasion* of her law, and is not followed by a tithe of the advantages resulting from its real fulfilment. The buoyancy of spirit and comparative independence enjoyed for boys when out of school, prevent them suffering so much from this cause as girls do; but the injury inflicted on both is the more unpardonable, on account of the ease with which it might be entirely avoided.—*Combe's Principles of Physiology.*

SELF-EDUCATION.

By William Wirt.

And this leads me, gentlemen, to another remark, to which I invite your attention. It is this:—The education, moral and intellectual, of every individual, must chiefly be his own work. There is a prevailing and fatal mistake on this subject. It seems to be supposed, that if a young man be sent, first to a grammar school, and then to college, he must of course become a scholar; and the pupil himself is apt to imagine that he is to be the mere passive recipient of instruction, as he is of the light and atmosphere which surround him. But this dream of indolence must be dissipated, and you must be awakened to the important truth, that, if you aspire to excellence, you must become active and vigorous co-operators with your teachers, and work out your own distinction, with an ardor that cannot be quenched—a perseverance that considers nothing done whilst any thing yet remains to be done. Rely upon it that the ancients were right—*Quisque suæ fortunæ faber*, both in morals and intellect, we give their final shape to our own characters, and thus become, emphatically, the architects of our own fortunes. How else should it happen that young men, who have had precisely the same opportunities, should be continually presenting us with such different results, and rushing to such opposite destinies? Difference of talent will not solve it, because that difference is very often in favor of the disappointed candidate. You shall see issuing from the walls of the same school—nay, sometimes from the bosom of the same family—two young men, of whom the one shall be admitted to be a genius of high order; the other, scarcely above the point of mediocrity; yet you will see the genius sinking and perishing in poverty, obscurity and wretchedness; while, on the other hand, you will observe the *mediocre* plodding his slow but sure way up the hill of life, gaining steadfast footing at every step, and mounting at length to eminence and distinction, an ornament to his family, a blessing to his country. Now, whose work is this?—Manifestly their own. *They* are the architects of their respective fortunes. The best seminary of learning that can open its portals to you, can do no more than afford you the opportunity of instruction, but it must depend, at last, on yourselves, whether you will be instructed or not, or to what point you will push your instruction. And of this be assured—I speak from observation a certain truth:—There is no excellence without great labor. It is the fiat of Fate, from which no power of genius can absolve youth. Genius unexerted, is like the poor moth that flutters around a candle till it scorches itself to death. If genius be desirable at all, it is only of that great and magnanimous kind, which, like the condor of South America, pitches from the summit of Chimborazo, above the clouds, and sustains itself at pleasure, in that empyreal region, with an energy rather invigorated than weakened by the effort. It is this capacity for high and long continued exertion—this vigorous power of profound and searching investigation—this careering and wide-sweeping comprehension of mind—and those long reaches of thought, that

Pluck bright honor from the pale-faced moon,
Or dive into the bottom of the deep,
Where fathom-line can never touch the ground,
And drag up drowned honor by the locks.

This is the prowess and these the hardy achievements which are to enrol your names among the great men of the earth.

But how are you to gain the nerve and the courage for enterprises of this pith and moment? I will tell you:—As Milo gained that hoc signo vinces: for this must be your work, not that of your teachers. Be you not wanting to yourselves, and you will accomplish all that your parents, friends and country have a right to expect.

Education of the appetites. It must begin from the earliest infancy, long before the dawn of reason, and even anterior to the evolution of the moral sentiment. The rule on which it is conducted is a very simple one, applicable to all classes. It is to allow no child the indulgence of an appetite or propensity, other than what is required by its intuitive wants for its bodily support and health. Nothing is to be conceded by the whim or caprice of a parent to the imaginary wants of a child; for it must be constantly borne in mind that every gratification of every sense—whether of taste, sight, sound or touch—is the beginning of a desire for its renewal; and that every renewal gives the probability of the indulgence becoming a habit;—and that habit once formed, even in childhood, will often remain during the whole of after life, acquiring strength every year, until it sets all laws, both human and divine at defiance. Let parents who allow their children to sip a little of this wine, or just taste that cordial, or who yield to the cries of their little ones for promiscuous food, or for liberty to sit up a little later, or to torment a domestic animal, or to strike their nurse, or to raise the hand against mamma, ponder well the consequences. If they do not, often vain are the after efforts of instructors: vain the monitions from the pulpit. Their child is in danger of growing up a drunkard or a glutton, a self-willed sensualist or passionate and revengeful; prompt to take the life of a fellow being, or to sacrifice his own; and all this because the fond parents were faithless in their trusts. They had not the firmness to do their duty. They feared to mortify their child, and in so doing they expose him in after life to be mortified by the world's scorn; to wander an unloved, unpitied thing.—[*Journal of Health.*

Anecdote.—A gentleman was, a short time ago, journeying; and at the breakfast table, whenever a plate of warm buck-wheat cakes was brought in, there was much greedy eagerness manifested by nearly all at the table to get at them. One gentleman, however, a young clergyman, would not descend to the manners of the glutton; but, persisting in the courtesies of civilized life, would, when the plate was near him, offer its contents to the gentlemen around him, before helping himself. The contrast which he thus exhibited, to the conduct of others at the table, was so striking, that, when a few days afterwards, the traveller was asked if he knew of any clergyman he could recommend for a parish, he related the anecdote of this young clergyman, and said, that though he knew nothing about him as a preacher, he was sure that he was a gentleman. The clergyman was immediately sent for, and soon was settled in that place. Thus was his usefulness and happiness, perhaps for life, influenced by this act of gentlemanly propriety. It is always safe to be a gentleman.

Rosina Townsend. The last story about this woman of infamous notoriety, is, that she has established herself in Lombard-street, Philadelphia. A few nights ago, a large number of persons congregated about the premises for the purpose of mobbing her establishment, but their crusade was suddenly checked by some "respectable merchant," who threw open a window and discharged the contents of a pistol among the assailants. He was recognized, and the next day arrested and committed for trial.

The Albany Daily Advertiser says that four thousand dollars were received on the Utica and Schenectady railroad on Tuesday.

It is stated in the Quarterly A. S. Magazine, by John Farmer, the distinguished antiquarian and accomplished historian of New-Hampshire, that Vermont was the first State in the Union to abolish slavery. The righteous act was accomplished at the time of the adoption of our State constitution at Windsor, July 2, 1777. See *Declaration of Rights*, chap. 1, sec. 1, in Compiled Statutes.

There are in operation in Bangor, Maine, and its vicinity, upwards of two hundred saw mills, which manufacture at least, 1,500,000 feet of lumber daily.

Witchcraft. In 1804, Pope Innocent VIII. issued a Bull empowering two Dominican Friars "to make inquisition into the vices of sorcery and witchcraft," and to put to death at their own discretion all whom they should find guilty of practicing these arts. A German Historian has calculated that in the small Electorate of Triers alone, in a few years, 6,500 persons were executed under this pretext.

Virtue is the only true nobility.—*Juv.* The insolence of pedigree, the pomp of titles and the pride of wealth, are reduced to nothing, when contrasted with the dignity of genuine virtue.

Pleasing Effort. A colored man member of the Episcopal Church under Dr Milnor, N. Y. offers $500 to build a Free Church for colored people.

Michigan has been the first State to legislate in reference to the act of Congress concerning the Deposites of Public Money. Her Legislature, now in session, has passed an act, which the Governor has approved, authorizing the acceptance and reception of her share of the Deposites to be made under that act.

The Utica, from Havre, brings 3,000,000 francs, of the French indemnity.

We understand that the revenue that accrued in Boston during the last month (July) was $512,200. The amount that accrued during the same time last year was $363,000. Increase $149,200.—*Boston Post.*

The 4th of July dinner given by the corporation of New-York cost that city $2788,50.

Meteoric Phenomenon. We learn from the Norwich (Con.) Courier, that, between 10 and 11 o'clock on Friday night last, a meteoric mass weighing about six pounds, descended near the house of Mrs Roswell Roath in that town, accompanied by a bright luminous train, and producing a concussion so loud as to awaken several members of the family. It is apparently a flake from a larger body, and is composed of small smooth stones, similar to those found on the sea shore, matted closely and firmly together in a loose sand and a glutinous substance, about the color and consistence of thick tar. The side where it is supposed to have split off from the larger body looks like melted sand or stone, and is quite solid; and some of the smaller stones on the outside are discolored, as though by the heat of a blaze. There appears to have been some attractive power by which the small stones were drawn together, as they all shape to a certain point, and are as nicely packed as the pavings of a street. Several smaller particles of the same substance were found around the house the next day, and all are now in possession of Doct. B. T. Roath.

AGRICULTURAL.

"*Come let us reason the matter together.*"—It is a practice with many farmers in ploughing sward ground, to endeavor to turn the furrow slice entirely over, so that the grass side shall lie flat in the preceding furrow; while others lap every furrow-slice on the one which precedes it, so that it reposes in an angle of about 45 degrees. The latter is called the improved mode of ploughing. When the furrow slice is laid quite flat, "the weight and tenacity of the soil consolidate its surface almost immediately, and obstruct the action of the weather in breaking down the texture of the soil, as well as that of the harrow in raising a tilth, or the greatest depth of mould for covering the seeds," and if the surface is level and the soil tenacious, the water when in excess, having no passage under, reposes upon the top of the sod. But when the furrow-slice is lapped upon the preceding one in an angle of about 45 degrees, every furrow forms an underdrain for the passage or reception of the water, leaving the surface dry; the greatest possible surface of soil is exposed to the influence of the atmosphere; the soil is kept loose and porous by the breaking down of the sod, as the roots of the grasses in it decay, and the harrow, by reducing the projecting angles of the furrow-slice, readily produces a fine deep tilth.

Strawberries are among the plants which are most impatient of a fixed location,—they soon exhaust the soil in which they grow. Nature has therefore provided the means of their obtaining fresh pasture, or rather fresh soil, by means of the stollens or vines which the parent plant annually sends abroad. The professional gardner, knowing these facts, changes frequently the site of his strawberry beds, often every two years, and sometimes every year, to insure a good crop. We think we have discovered a specific food for this desirable plant, the application of which serves to render change of location less necessary. Our present strawberry quarter is five years old. In the fall of 1834, we covered one bed with a light dressing of tan from a morocco factory, with a view to protect the plants from the severity of winter; and in the spring the tan was suffered to remain on the bed.—We were agreeably surprised at finding this bed not only showing a stronger and healthier foliage, but yielding a far greater quantity of fruit, than any other. The whole quarter was in consequence dressed with tan in the autumn of 1835, and our crop this year has been treble to what it has been heretofore; though much of the increase has undoubtedly been owing to the favorable season for this fruit.

This month and the beginning of September is the best season to put out strawberry beds. The ground should be well manured, and dug the depth of the spade. The Methven and Keen's seedling we deem the best of the large varieties.—Plant the rows of these twenty inches apart, fourteen inches between the plants. Dip the roots of the plants in thin mud or puddle before planting, and water them when planted. They do best on a cool and moist, though loose soil; hence old cow manure, mixed with leaf mould or swamp earth, make for them a good dressing.—*Cultivator.*

Worth remembering. We have been informed, by a gentleman who has had practical proof of its success, of a new mode of keeping fruits fresh for the table, as grapes, plums, &c. a long time after they have been gathered. It is simply to alternate them in layers with cotton batting, in clean stone jars, and to place them in a chamber secure from frost. The discovery was accidental. A servant maid in the family of William Morey, of Union Village, Washington county, about to visit her friends, secured a quantity of plums in this way, to preserve them till her return. They were found to have kept in excellent condition, long after this fruit had disappeared in the garden. From the hint thus afforded, Mr Morey, Mr Holmes, and one or two neighbors, laid down grapes in this manner last fall, and they enjoyed the luxury of fresh, fine flavored fruit through the winter, until the early part of March.—*Ib.*

Transplanting Evergreens. We mentioned in our last volume, that on the 8th July, 1835, we transplanted from the commons, into our door yard, at 2 P. M. under a hot sun, the thermometer at 82 degrees, six white pine trees, from ten to fifteen feet in height, and feathered with limbs nearly to the ground. The six trees are all living, and are making good growth of new wood. Evergreens are best transplanted, when actually growing, and even when growing vigorously, if the influence of evaporation can be guarded against. In transplanting our trees, a circle of three or four feet was made with the cut of a spade around the tree, and there being no tap roots, it was raised to the cart with the earth attached to the roots. The holes in which they were planted were nearly filled with water, and when the plants were adjusted, coarse barn-yard litter was thrown over the roots, this was well saturated with water, and covered with an inch or two of earth.—The trees were watered once or twice afterwards.—*Ib.*

Recipe for the Cure of Bots in a Horse. When a horse has bots, it may often be known by his biting his sides; when he has many, they often throw him into great pain, and he lays down, rolls, and if not cured soon, dies. When it is believed that a horse has the bots, by the above symptoms, give a pint of sweetened milk; which the bots are fond of, and they will let go their hold on the horse, and feast on the milk. Immediately give the horse a small quantity of oats or other provender, in which put two thirds of a common fig of tobacco pulverized. If he refuses the provender thus mixed, steep the same quantity of tobacco in a pint of boiling or warm water, until the strength is out, as we say, then put enough cold water so that the whole will fill a common ink bottle, and turn it into the horse. When it reaches the bots it kills them, as all will believe, who have ever spit tobacco juice on a worm, or similar insect. The horse in less than twenty hours will void all his bots; there is no mistake in this, though no patent has been obtained. The writer would not have it tried on an old poor horse in the fall or first of winter, for he would certainly recover, to the damage of his owner. If one worth curing is affected with bots, and the symptoms are severe, never stop for the milk, but in with the tobacco,—this is the *kill all*.—*Maine Farmer.*